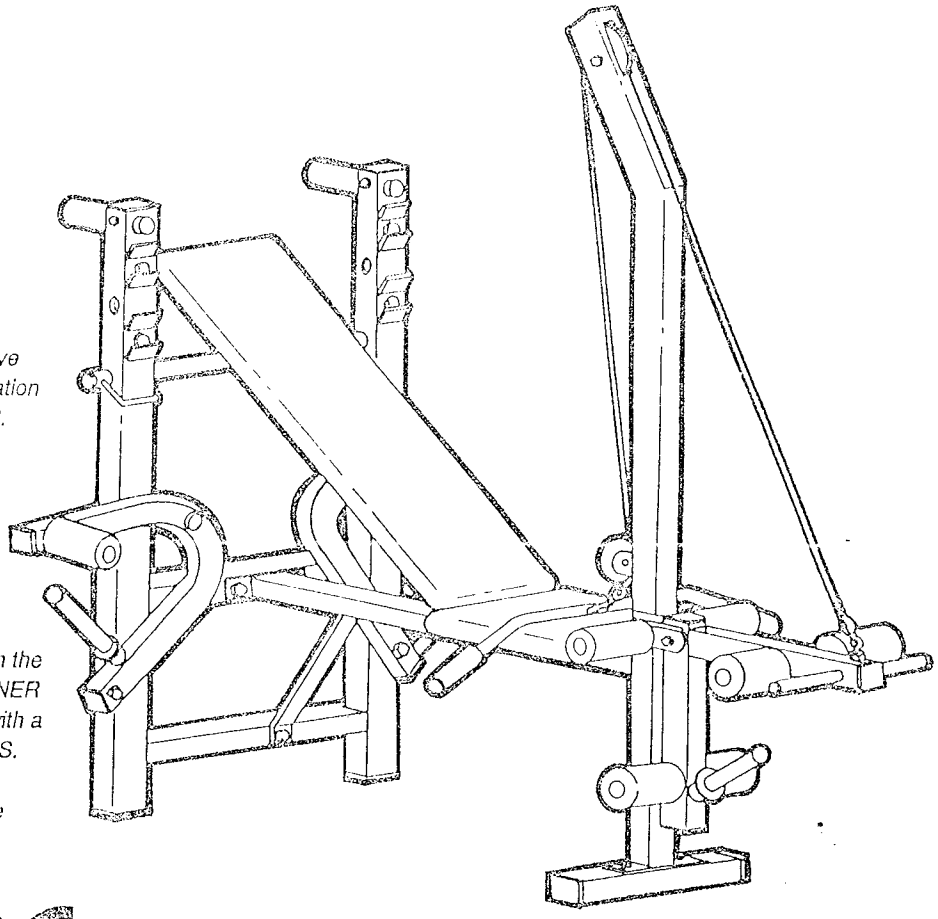


WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER starts with a LETTER and is followed by 3 or 4 NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

Weider®

OWNER'S MANUAL

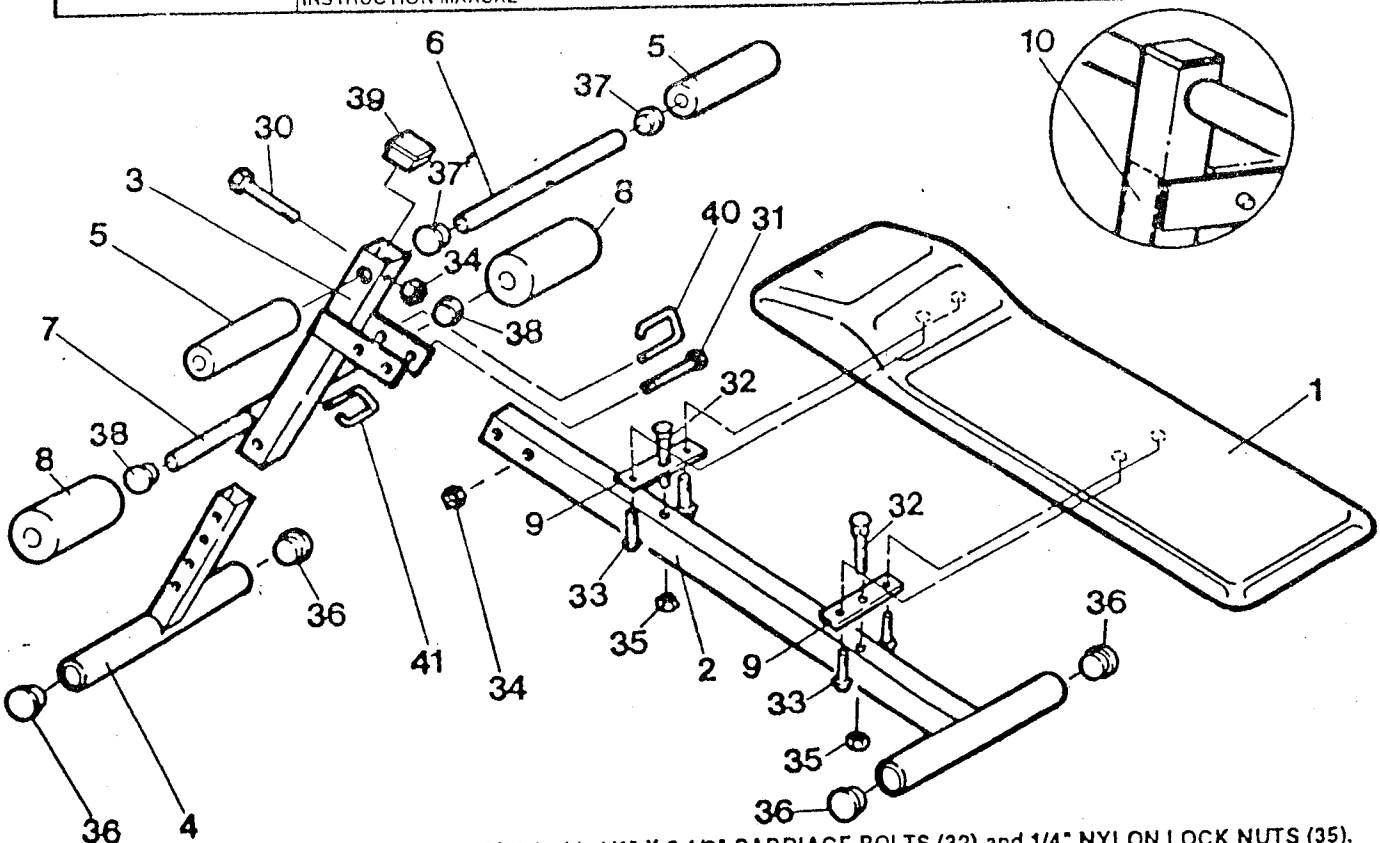
WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

PART LIST ESB5

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BACKREST	1	C1352-E26
2	BACK SUPPORT	1	C2197-E26
3	SWING ARM	1	C0190-C01
4	ADJUSTABLE FOOT	1	C0188-C01
5	SMALL FOAM ROLLER 1" X 5"	2	C0417-B05
6	HANDLEBAR 1" X 12"	1	C6265-E26
7	PAD BAR 3/4" X 16"	1	C6061-A14
8	LARGE FOAM ROLLER 3 1/4" X 7"	2	C0443-E02
9	SUPPORT PLATE	2	LL-0062
10	DECAL	1	DE-4199
30	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5023
31	5/16" X 2 3/4" HEX HEAD BOLT	1	HH-5058
32	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5033
33	1/4" X 3/4" MACHINE SCREW	4	HH-5022
34	5/16" NYLON LOCK NUT	2	HH-5012
35	1/4" NYLON LOCK NUT	2	HH-5011
36	2" ROUND PLASTIC CAP	4	AA-8018
37	1" ROUND PLASTIC CAP	2	AA-8005
38	3/4" ROUND PLASTIC CAP	2	AA-8004
39	2" SQUARE PLASTIC CAP	1	AA-8002
40	LARGE LOCKING PIN	1	WW-7031
41	SMALL LOCKING PIN	1	WW-7006
	HARDWARE BAG	1	C5906-E26
	INSTRUCTION MANUAL	1	NN-1140



☐ Bolt SUPPORT PLATES (9) to BACK SUPPORT (2) with 1/4" X 2 1/2" CARRIAGE BOLTS (32) and 1/4" NYLON LOCK NUTS (35).

☐ Press 2" ROUND PLASTIC CAPS (36) into end tube of BACK SUPPORT (2).

☐ Assemble BACKREST (1) to BACK SUPPORT (2) by bolting up through SUPPORT PLATES (9) using 1/4" X 3/4" MACHINE SCREWS (33).

☐ Fasten BACK SUPPORT (2) to outside hole in welded brackets with 5/16" X 2 3/4" HEX HEAD BOLT (31) and 5/16" NYLON LOCK NUT (34). DO NOT OVERTIGHTEN OR SWING ARM WILL NOT FOLD FREELY!

- [ ] Use LOCKING PIN (40) in inside hole in welded brackets of SWING ARM (3) to lock unit into position for use. Do not use Slantboard without this pin in position or damage to unit could result! This Pin should only be removed when folding the Slantboard.

- [ ] Press 2" SQUARE PLASTIC CAP (39) into top of SWING ARM (3).

- [ ] Press 2" ROUND PLASTIC CAPS (36) into ends of ADJUSTABLE FOOT (4).

- [ ] Slide ADJUSTABLE FOOT (4) into bottom of SWING ARM (3) and adjust height of Slantboard using SMALL LOCKING PIN (41) in any of the hole patterns.

- [ ] Press 1" ROUND PLASTIC CAPS (37) into ends of HANDLEBAR 1" X 12" (6) and position evenly through large hole in SWING ARM (3). Align bolt hole and attach with 5/16" x 2 1/4" HEX HEAD BOLT (30) and 5/16" NYLON LOCK NUT (34).

- [ ] Apply a small amount of liquid dish detergent to the ends of HANDLEBAR (6) and assemble FOAM ROLLERS 1" X 5" (5) to each end.

- [ ] Press 3/4" ROUND PLASTIC CAPS (38) into PAD BAR 3/4" X 16" (7).

- [ ] Apply liquid dish detergent to one end and assemble on FOAM ROLLER 3 1/4" X 7" (8) onto PAD BAR 3/4" X 16" (7).

- [ ] Position PAD BAR 3/4" X 16" (7) through welded tube on SWING ARM (3), and using another small amount of liquid dish detergent assemble other 3 1/4" x 7" FOAM ROLLER (8) to opposite end of 3/4" X 16" PAD BAR (7).

- [ ] Position DECAL (10) below Handlebar bolt on Swing Arm and carefully apply to surface.

REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT.

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

DO NOT TAKE THIS SLANTBOARD BACK TO THE STORE WHERE YOU PURCHASED IT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS, OR PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS: MODEL NO. NAME OF PART ORDERING NO.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

EXERCISE FREQUENCY

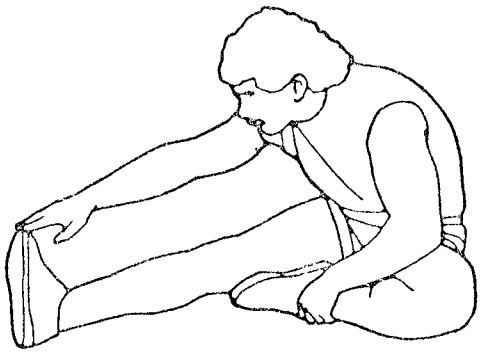
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

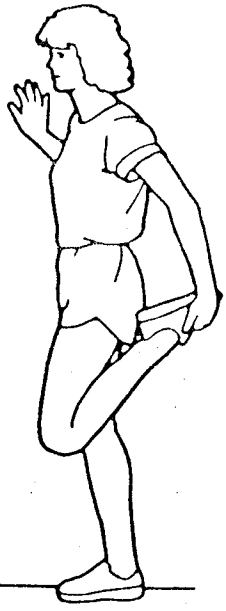
TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

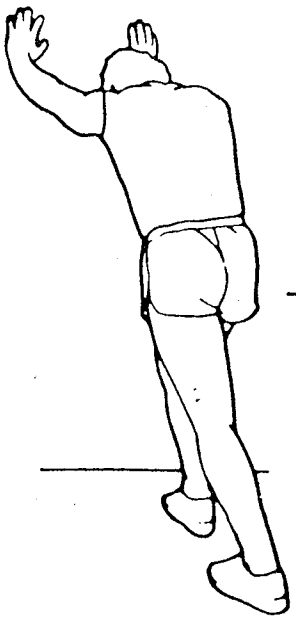
With one hand against a wall for balance, reach behind you and pull up your foot. Bring you heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



Stretches: Calves, Achilles Tendons, and Ankles

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!

EXERCISE INTENSITY

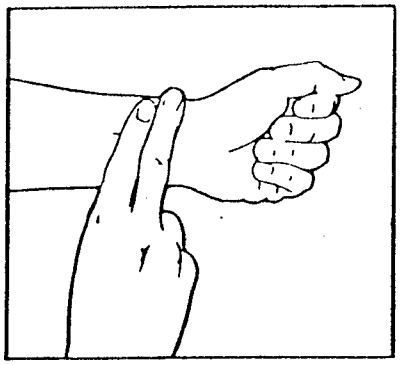
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Health & Fitness 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.